

THE LIFE LEAPS

QUICK-LAUNCH BRAIN TEASER

**A
Simple Guide
to Getting Out of Your
Own Way**

lifeleaps





Life Leaps Program Brain Teaser Quick-Start Tool

You have something that you've wanted to do with your life, big or small, and you're stuck. Don't beat yourself up. It's human nature to be stuck.

Why? It's because your brain's primary mission is survival. And to your brain, achieving survival requires consistency and stability.

Making a big change in life flies in the face of everything your brain is trying to achieve. How does it protect itself? It does it through fear, and its primary tool in creating that fear is the excuse.

Your brain basically manufactures an excuse and feeds it back to itself. Since it created it in the first place, you are already primed to fall for it hook, line, and sinker.

So what to do? You need to feed back to your brain information that completely debunks the lies it fed itself in the first place—and you need to do it methodically and visually.

Using this Life Leaps Brain Teaser Tool, you are going to trick your brain into letting go of the three most common excuses your brain manufactures, namely:

1. I don't have the time to do it.
2. It's so big, I couldn't possibly pull it off.
3. It's so crazy, people won't understand if I fail.

And in case you're worried about B.S.'-ing yourself, never fear. You're tricking your brain, not yourself. You are replacing the fictitious story your brain has contrived with good, real, rich facts!



Life Leaps Program - Time Finder

Problem solved: I don't have the time to do it!

Please take a moment to look at this video about putting things into perspective:

<http://youtu.be/ZrPXF3hZC-I>

Instructions: For seven days, spend 5-10 minutes per day on the following:

1. List the 3 activities you devoted the most time to that day
2. Rate each of those things on a scale from 1-3 based on how much value that activity added to what you value and your satisfaction
3. Write down how much time you spent on that activity

Day 1

Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity

Day 2

Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity

Day 3

Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity

Day 4

Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity

Day 5

Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity



Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity

Day 6

Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity

Day 7

Task/Pastime	Value Rating (1-3, 1 is highest)	Time Spent on Activity

Now Find the Time!

You used the detail section above to identify the top 3 activities you invested time in over a one week period. Now, use this summary table to do the following:

1. Identify the activities that recurred 3 or more times over the 7 days. Put those in the table below.
2. Put all the activities (no matter how frequently they occurred) rated 3 in the table below.
3. Completely eliminate the 3s from your life in column A.
4. Reduce the 2s by 50% in column A.
5. Multiply column A by column B to determine how much weekly time you are reducing for each task and write into column C.
6. Add up how much time that buys you each week for your Life Leap.

Task/ Pastime	Average Value Rating (1-3)	Average Daily Time	(A) Daily Hours to Save ¹	(B) # of Times in a Week	(C) Weekly Time Reduced (A x B)

¹ Reduce the 3's completely. Reduce the 2's by 50%.



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Total weekly time reduced:² _____

² Total right-most column.



Life Leaps Program - Change Shrinker

Oh my God, what I want to do is so crazy, big, harry, and audacious, I won't know where to start! I'll get side-tracked! I would never have the willpower to do it.

Did you know you can lose 20 pounds in a year by just eliminating a half small order of fries per day? Don't eat French fries? Well you could do it in about 11 months with one-and-a-half cans of cola. Just drink diet for one-and-a-half and regular for the rest!

Keep in mind there are 3,500 calories in a pound of fat.

Item	Unit	Calories per Unit	# Units per Day	Calories per Day	Days	Months	Total Calories
French Fry	Small Order	360 (average fast food fry)	.5	180	388	12.7	70,000
Cola	Can	145	1.5	217	322	10.6	70,000

So you see, we can sit there and say to ourselves, "I could never lose 20 pounds! Let alone in a year!" until we actually sit down and do a simple exercise like this.

Now how would you apply something like this to your big life leap?

1. Give yourself a year to accomplish your goal. If you've been stuck and have come to us for help, a year is probably the minimum realistic time frame.
2. Now realize that each month represents 8% of your goal.
- $100\% / 12 \text{ months} = 8\%$
3. Use the chart below to answer the question.
4. Take a look at it and see how it really isn't that bad. Repeat every month and see that in 12 months you have reached your Life Leap!

Exercise: If I were to wake up tomorrow morning, and 8% of my goal were miraculously achieved, what would be finished?

Achievement	What would that get me?



Life Leaps Program - Ego Eraser

Think back to when you were a baby. Glen has a home movie of him walking around in his father's robe when he was about three, and he's laughing and just loving it. Never mind he was tripping over the sleeves and looked like a Smurf wearing a tent.

Why are we so fascinated with watching home movies of ourselves as kids and of other kids? We're fascinated because that's the only time we acted without a care in the world about what other people think. And because we all love to watch home movies like that, it means that we are all guilty of worrying about what other people think of us.

We worry because our ego is always placing labels on things. We use labels to function and navigate through life, but sometimes they are to our detriment.

When we moved to Costa Rica, we worried people would think we were crazy. We weren't crazy, especially not overnight. What happened overnight is that we decided to move to Costa Rica.

I remember seeing a television news spot on YouTube about Kenechi Ito, the human who holds the world record for land speed on all fours. The title of the video included "Monkey Man," which jilted my perception immediately—because it was a label. I immediately thought, "Wow! That guy's really weird." Really, because of one thing he did?

The day he decided to start running on all fours for exercise, was he less able to converse with his friends than the day before? Was he less loving to his family than the day before? Was he more of a detriment to society than the day before?

No. He was the same guy. Just that now he had one goal that was different than almost anyone else.

Exercise: Spend 15 minutes or more if you are comfortable free-writing and fill in this blank with who you are. Just keep writing with stream of consciousness, and don't let anything get in the way.

I am _____

Don't go to the next page until you finish. Your next instruction lies there.



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Next instruction: Crumble up what you wrote and throw it in the trash.

Why? Because it's irrelevant who you think you are. What you decide to do today will not affect what's on that paper because 1) we were all born of a womb crying like freaks until we were smacked and 2) what you wrote on that paper is completely irrelevant to your Life Leap. You're the same person now following a passion, so there's no way to go but up!

BONUS: Is something else holding you back? Find out the 2 greatest sins getting in the way of moving your life forward. Learn how to let go of the stuff holding you back and break through your own inhibitions. Radical Sabbatical Channel